



# Circles of Learning

Education Health Environment Community Creativity

## Why you need to choose organic

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The facts around the superiority of organic fresh foods are clear. From the use of pesticides to the welfare of animals and sustainability of the environment, the choices to go organic are personal and varied. Here, we look at how eliminating chemicals from our children's diet plays a significant role in improving their health and wellbeing, and offset conditions such as ADD, ADHD and Autism.

Surprised? You will be...

As a parent you will know, firsthand, the fragile nature of your child's body in the developmental years of their life. All systems, most importantly the immune system, is not yet equipped to handle the assault of toxins in everything from the food we eat and clothes we wear, to the air we breathe. It would be difficult to remove all the toxins that damage our body's systems, so the important thing here is to minimise. One of the easiest ways to minimise is to consume fresh, local, organic food.

Scientific research now confirms that organic foods have far higher nutrient, vitamin and mineral content; and increased levels of antioxidants—those free-radical fighting agents committed to maintaining our youth and vitality. The pesticides present in conventionally farmed food are shown to have increased levels of mercury, the heavy metal regarded as a causative factor in Autism.

Due to over-farming and chemical treatments, much of our soil, and therefore food, is depleted of the nutrients needed to supply our body with adequate levels of minerals to sustain good health. When our food does not supply the right nutrition for our body we become sick. Choosing organic food is one way we can take control of our health and wellbeing when it seems many of our choices have been taken away.

Many communities now have flourishing communal gardens, also providing an opportunity to connect with others socially. Growing your own can be as simple as a few pots on a window sill or at a door. Australia's climate lends itself to growing an abundant variety of foods year round. And the kids will love to be involved. Retailers are now responding to the demand for organic and stock a range of options at increasingly affordable prices. The benefits to your family include improved physical health, brain function and resistance to disease; it also shows value for Self, an important building block for lifelong happiness.

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